

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM						Full Body + HIIT Group Training	Dance Cardio with Karina
9:00 AM		Upper Body Group Training	Dance Cardio with Karina	Full Body + Abs Group Training			
6:15 PM	Lower Body Group Training	Upper Body Group Training	Lower Body Group Training	Full Body + Abs Group Training			
7:30 PM	Lower Body Group Training	Dance Cardio with Karina	Dance Cardio with Patti	Dance Cardio with Patti			